



State of California—Health and Human Services Agency  
Department of Health Care Services



Edmond G. Brown Jr  
Governor

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CHDP Information Notice: 12-B

To: Child Health Disability Prevention (CHDP) Program Directors, Deputy Directors, Nutritionists, Health Educators, and Regional Office Staff

Subject: New CHDP Program Resource: Pacific Islander Teen Health Spa Curriculum, Healthy Beautiful (an obesity prevention program for teen girls)

A new CHDP Program resource for obesity prevention in teen girls is now available on the CHDP Program website at <http://www.dhcs.ca.gov/services/chdp/Pages/PITHS.aspx>. Pacific Islander Teen Health Spa (PITHS) was developed by the San Mateo County CHDP Program with funding from the California Office of Multicultural Health. It is culturally adapted for Pacific Islander teen girls, 12–17 years of age who are overweight and obese. PITHS is a ready-to-use, nine-hour, six-lesson plan, interactive nutrition and physical activity program that uses evidence-based behavior change strategies for obesity prevention. The curriculum and program are specific to the Pacific Islander population. However, with simple cultural modifications, it can serve as a curriculum template which is adaptable for other cultural groups who are at high risk for obesity.

The curriculum and materials will not be mailed out but are easily reproducible from the CHDP Program website which includes the following materials:

- PowerPoint presentations: program overview and curriculum presentations
- User's Guide to assist with setting up and conducting the program
- Six-lesson plans which include learning objectives and activities
- Activity and program materials
- Supplementary references

### Background

Childhood and adolescent obesity remain a significant and prevalent health problem for the CHDP population as evidenced by the Pediatric Nutrition Surveillance System (PedNSS). Certain race and ethnic groups demonstrate high obesity prevalence rates which vary according to county. In San Mateo County, Pacific Islander teen girls had a prevalence rate of overweight and obesity over 70 percent as identified in 2009 PedNSS reports.

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Evidence indicates that key behaviors targeted for obesity prevention are highly influenced by culture. Using cultural adaptation with evidence-based approaches has the potential to enhance program impact and relevance, thereby producing better participant outcomes.

This curriculum offers a culturally adapted and tested program that can be used further and adapted by other local programs for the Pacific Islander population or other race/ethnic groups. The curriculum provides a programmatic intervention that compliments many childhood obesity provider trainings developed and offered by CHDP. Local CHDP programs are encouraged to review the website and materials in order to promote this resource with providers and programs who are working with childhood and adolescent obesity in diverse populations.

If you have additional questions about these online obesity prevention resources or other childhood obesity-related training tools, please contact your regional CHDP nurse consultant.

**ORIGINAL SIGNED BY LOUIS R. RICO**

Louis R. Rico, Chief  
Systems of Care Division